



FEATURED RECIPE

Creamy Vegetable Bake with Potatoes, Turnips & Oyster Mushrooms

INGREDIENTS

- 1 Tbsp olive oil or butter
- 1 cup Yukon Gold potatoes, *thinly sliced*
- 3 small salad turnips, *thinly sliced*
- 1 cup oyster mushrooms, *sliced*
- 2 spring onions, *sliced (white and green parts-separated)*
- 1 cup milk of choice or light broth
- 1 tsp Dijon mustard (*optional*)
- 1 tsp thyme or rosemary (*fresh or dried*)
- Salt & pepper to taste
- Optional topping: 2-3 Tbsp breadcrumbs & Olive oil drizzle



INSTRUCTIONS

Wash Hands & Prep Ingredients:

1. Wash hands with soap and water before handling food.
2. Wash produce by running under cool water. Pat dry with a paper towel.

Cook Spring Onions & Mushrooms:

1. In a large skillet over medium heat, heat up 1 tablespoon olive oil or butter, cook the white parts of the spring onions and the oyster mushrooms until they soften and brown slightly, about 5-7 minutes. Season with salt and pepper to taste.

Make Sauce Mixture:

1. In a small bowl, whisk together 1 cup milk of choice or broth, 1 tsp Dijon mustard (optional), 1 tsp thyme or rosemary, salt, and pepper. Set aside.

Assemble Vegetable Bake:

1. In a greased baking dish, layer half of the sliced potatoes and turnips. Add half of the cooked mushrooms and spring onion mixture on top.
2. Repeat with the remaining potatoes, turnips, and mushroom mixture.
3. Pour sauce mixture evenly over the vegetables in the baking dish.
4. If desired, top with 2-3 tbsp of breadcrumbs and a drizzle of olive oil for extra crunch.

Bake:

1. Preheat oven to 400°F. Bake for 35-40 minutes until the vegetables are tender and the top is golden brown.
1. Broil for 2-3 minutes at the end for extra crispiness.

Serving Suggestions:

- For extra richness, top with grated cheese such as parmesan or cheddar.
- Pairs well with a fresh side salad.
- Serve alongside cooked chicken or tofu for a protein packed meal.



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What's in my Produce Prescription?

Produce Item	Storage	Preparation	Recipes *w/ clickable links*
Head Lettuce Harvest Moon Farm Ridgefield, WA	Wrap in a damp paper towel and store in the fridge in a plastic bag.	Lettuce can be eaten fresh in a salad, on top of pizza, or in sandwiches.	Pork Lettuce Wraps Tuna Nicoise Salad Warm Rice & Pintos Salad
Oyster Mushrooms The Pacific Spore Vancouver, WA	Store whole, unwashed in a brown paper bag in the fridge.	Mushrooms can be sauteed, baked, caramelized, or stir-fried. They can also be added to pasta or ramen.	Teriyaki Mushrooms Pulled Mushrooms Mushroom Burrito Bowls
Salad Turnips Flat Tack Farm Vancouver, WA	Store unwashed in the crisper drawer of the fridge.	Turnips are most often eaten fresh but they can also be roasted, sautéed, or grilled.	Roasted Turnip & Quinoa Orange Turnip Salad Turnip Gratin
Strawberries Marquam Hill Farm Silverton, OR	Store unwashed in a paper towel-lined container in the fridge with the lid slightly open.	Strawberries can be used in salads, smoothies, desserts, or as a fresh snack.	Strawberry Spinach Salad Strawberry Goat Cheese Toast Strawberry Salsa
Yukon Gold Potatoes Amador Farm Yakima, WA	Store in an open bowl or paper bag in a dark, cool place, away from onions.	Potatoes can be roasted, sauteed, or grilled. They can also be used to make mashed potatoes, hash browns, latkes, and potato salad.	Taco Potato Bowls Loaded Potatoes Creamy Mushrooms & Potatoes
Spring Onions Quackenbush Farm Eaglecreek, OR	Store in the crisper drawer of the fridge, sealed well in a plastic bag.	Spring onions are also known as scallions and can be used for salads, stir-fries, and garnishes.	Creamed Mushroom & Spring Onions Spring Onion Noodles Spring Onion & Potato Tacos

● Organic Practices - Not Certified

● Certified Organic

● Conventional

PRODUCE HIGHLIGHT



OYSTER MUSHROOMS

Oyster mushrooms are soft, mild-tasting mushrooms that grow in layers or clusters, resembling oyster shells. They have wide, fan-shaped caps and short stems, and come in colors like white, gray, or light brown. Oyster mushrooms grow on wood and are easy to cook with.

These mushrooms are low in calories and high in nutrients. They're a good source of fiber, protein, and B vitamins like niacin and riboflavin. They also have antioxidants and compounds that may support heart and immune health.

In the kitchen, oyster mushrooms work well in many savory dishes. You can cook them in soups, stir-fries, tacos, or pasta. They also roast or pan-fry well and can be used as a meat substitute thanks to their texture. Oyster mushrooms pair well with garlic, onions, herbs, and a splash of lemon or vinegar to bring out their gentle flavor.